

# master at arms

Name: \_\_\_\_\_



**Note:** In all the contest events, you must participate in a contest under proper ring conditions.

Requirements	Passed
1. Demonstrate your proficiency in <b>ONE</b> of the following, in which you have trained and participated for at least 6 months: a) Fencing. b) Boxing. c) Wrestling. d) Karate e) Judo f) Any other recognised form of self-defence	
2. Discuss the correct training techniques and draw up a training programme for yourself.	
3. Be able to name and demonstrate the correct methods of attack and defence. Know the contest rules, how contestants are judged and the means of scoring.	
4. Discuss the origin of the art, and its historical development. Discuss the involvement of two masters of the art - one past and one present - and the achievements of each.	

2009  
08/20v1

**Badge Awarded**

